



The Starting Line

newsletter of the falmouth track club • september 2016

Running to End Domestic Violence

By Sandra Blatchford

Running and Wellness Events ...on the near horizon

3rd Annual Run for Jess
9/3 ~ East Bridgewater

6th Annual David Lewis 5K Run for Recovery for
Gosnold on Cape Cod
9/3 ~ Falmouth

Labor Day 5K Road Race
9/4 ~ South Dennis

The Laborious Labor Day Ten Miler
9/5 ~ Marlborough

22nd Annual Run to the Rock,
5K/10K and 1/2 Marathon
9/10 ~ Plymouth

Hyannis Sprint 2 Triathlon
9/10 ~ Centerville

Irish Cultural Center 5-K Road Race and Walk
9/11 ~ Canton

Mighty Meehan 5-K Run for Research
9/11 ~ West Dennis

34th Annual Main Street Mile
9/18 ~ Falmouth

Marshfield 10 Miler
9/18 ~ Marshfield

The Human Race
9/18 ~ Kingston

5th Annual Scusset Beach 5-K Run/Walk
9/24 ~ Sagamore Beach

15th Annual Capt Gerald F. DeConto Run-Walk
9/25 ~ Sandwich

Live Like Renee 5-K Run/Walk
9/25 ~ Osterville

Plymouth Police Chase
9/25 ~ Plymouth



I opened my email in late February to find that Futures without Violence, one of the foremost organizations for domestic and sexual violence, announced that a Mudderella was coming to New Hampshire. The event was advertised as an event organized by women for women. It is a day of team work, empowerment and fun. A Mudderella a five mile run with multiple obstacles that test your endurance, strength, and sense of humor.

I knew that my daughter, a level nine gymnast and dancer, would be my best partner. She thoroughly enjoys watch Ninja Warrior and always jokes that she would love to try it someday. I thought, how perfect! I had started to run more, I was training for my first marathon so I knew I had the five miles, and she had the obstacles- we would support each other. We would represent my agency South Shore Women's Resource Center, the domestic violence agency for 18 towns in Plymouth County.

July 30, 2016...the Mudderella had arrived. As with any race, both Abigail and I were nervous. We arrived and we could see many women covered in mud. There were young women and older women, and women of all shapes and sizes. As we entered the gate there were quotes of empowerment and strength. Women were gathering together, and everyone was cheering each

continued on page 2

FTC Adventures Report:

Full Moon FatA** 25K

By Ann Tarrant

When Carl shared his most recent idea for a track club “adventure,” I was beyond excited. He proposed that we do a 25K loop on Sandy Neck Beach, at night, during a full moon. Cool for so many reasons! Running at night on the beach during full moon with a group of similarly-minded (= possibly crazy) folks is an obvious plus. On top of that, I’ve always semi-secretly wanted to do some version of the “Frozen Fata**” (a double loop of the same course run in February; a “Fata**” is just running jargon for a low-key, unsupported run). I’ve never quite got up the gumption for the February run, so I was ecstatic to have a summertime alternative.

With an adventurous attitude, I drove up to the parking lot bit before 7 p.m. in mid-August. As a good omen, it was the first cool, low humidity day we had experienced in a long time. I was surprised that I didn’t know most of the people! There were of course some of “the usual suspects” like Greg Stone and Bob Jensen, but lots of unfamiliar faces as well. It was a very welcoming and friendly group. Unofficially, I heard that we had 25 runners with one under 18 and one over 70. I also met one who was would be testing for her instructor certification in spinning the next day. That’s ambitious! A few veterans had completed the Frozen Fata** before, but many of us were newbies. It’s exciting to be a newbie sometimes. You don’t quite know what you’re in for, and you just have to accept what the trail brings you.

The course is essentially a figure-8 with the first loop about 6 miles, taking us out toward Scorton Creek and back. The initial leg was all along hard-packed sand, giving us a chance to feel out the pace, stretch our legs, or maybe develop false confidence. We turned back at the creek and headed toward the starting point. On the way back, I ran into Joanne Phalon, who had gotten a late start. The last time I ran into Joanne was in the middle of a 50K up in Maine, which tells you something about how hardcore she is! I convinced her to turn back a smidgeon early on her loop so we could run together.

We finished our first loop, grabbed some more fluids, and headed out for the second. One problem, is that the first loop is WAAAAY less than half the effort. Most of the distance was still ahead...and the difficulty would ratchet up. We headed out along a hilly, soft, sandy dune trail, running toward the turnaround at the elusive “trail 5” We watched the moon rise, bright and swollen against the horizon. Then as it rose in the sky, it became brighter, sharper and more silver-y. But I have to admit, all this nature appreciation was mixed in with a fair share of cursing. The sand was much softer and the dunes relentless (Damn that Joanne! She’s really, really

Mudderella

CONTINUED FROM PAGE 1

other on. As we waited to get our official start two young women started talking to us- this event was different. No one was asking our time, or how fast did we want to go. Instead it was about team work, the obstacles, and the reason why we were there. As one of the event leaders had us warm up she told us that 1 out of 3 women will be a victim of domestic violence and 1 in 4 women will be sexually assaulted in her lifetime “ that means you are standing with someone who has been a victim, or maybe you are a survivor, I want you to applaud each other, applaud all of the survivors.” She stated that we are here to help each other today. To work together as a team, to empower one another. We then all shook hands with someone we did not know and the ten second countdown to the start commenced.

We were off and running to crawl under a net. Women were clapping and high fiving one another. I felt like I was part of a great big team. We were women on a mission. We were there for a reason and I could feel our strength.

When we walked through deep water and mud. The sign told us to choose our route wisely; Abigail did not and sunk up to her neck in muddy water. She said “I did not choose wisely.” We laughed as did everyone else who was present. It was great fun.

My favorite quote was “I am a woman; what is your super power?” We were strong and united. We arrived at the ten foot wall, and one woman was struggling to get over. Three women, including Abigail, assisted her. The rest of us were cheering her on, and when she decided that she could not make it over everyone applauded her effort. The sense of community and team work was overwhelming. As we approached the last obstacle, a ten foot drop into an airbag below the final quote and perhaps one that I will keep with me is “Strength is being nervous - but taking the leap anyway.” It described the day and the challenge. Abigail did a flip and I jumped. It was amazing to be with a group of women who were there to support each other. I was blessed to be able to spend the day with my daughter and experience her strength and enjoy each moment together. We will always have it as a memory. We will be back and maybe next year with an even bigger team. Want to join us? Email me. Let us move forward together to empower women and end domestic violence and sexual assault. Together we can make a difference.



Sandra is the Executive Director of the South Shore Women’s Resource Center. She will be running her first marathon in September and completed the January FTC Winter Warrior.

Getting to know “Cannon” Bob Richards

by Steven Vanderlaske

Staring Line Correspondent Steven Vanderlaske caught up with Falmouth’s own “Cannon” Bob Richards. Bob is a very active member of the Falmouth Track Club and I hope you enjoy this interview as much I as I did talking to him.

Steve: Please tell us a little bit about yourself.

Bob: I came to Falmouth in 1985, and my three children grew up here. My wife Hindy and I own a metal shop in Falmouth Tech Park making parts for the scientific institutes. She is the brains of the organization.

Steve: How long have you been a member of the Falmouth Track Club?

Bob: I joined back around 2000 but I ran all my life for health. The club has a lot of nice people.

Steve: Do you run for social reasons or for racing?

Bob: I run the occasional race but I don’t consider myself a racer. I’ve never won a trophy, but that’s OK.

Steve: How young are you?

Bob: I am 63 years old, still running, and planning on the Falmouth Road Race this weekend. I do CrossFit as part of my routine. (Ed’s Note: Bob ran a 1:11:28 FRR in 2016.)

Steve: Tell us some more about CrossFit and your routine.

Bob: Some CrossFit people don’t believe in running, and some runners don’t believe in CrossFit but I find the mix is good to work different parts of my body. We do a lot of exercises like pull-ups, push-ups, sit-ups, work with kettle bells, drag sleds, and do rope climbing.

Steve: What advice can you give people to stay fit and active in their upper age?

Bob: I think even just walking is a great thing, even if your body is beat up from running. My doctor said I had to do more than just run. I don’t think he had CrossFit in mind, but he hasn’t tried to talk me out of it either.

Steve: How did you get your nickname?

Bob: I’ve been called both Cannon Man and Cannon Bob. Back in the day, Courtney Bird was bringing a miniature cannon to the races and people would

trip over it because they couldn’t see it. One night after the Coffee O Five, I told Courtney he needed a new cannon with a little more presence, so I built him one. Since being finished, it has been used to start many races including one on Mount Washington and the Vineyard 20 Miler. It has been used to start motorcycle rides and charity events. The cannon even had an article written about it in the New England Runner, twice!

Steve: Any closing reflections?

Bob: The Falmouth Track Club has a tremendous group of people. Some of the people from when I joined no longer run but are still involved in other ways. The social part has been really good for both Hindy and me. She was the Treasurer for several years. I hope to stay involved for many years to come.

Note: This is an excerpt from the full interview from 19 August, 2016, a recording of which can be found here: <https://youtu.be/EX25wUACH50>



Full Moon Fat A** 25K

CONTINUED FROM PAGE 2



strong on hills!). Our steady hard-pack pace gave way to the run/walk/slog of the dunes. Trail 1...Trail 2.....Trail 4 (wait, where the heck was Trail 3????)...pant, pant....Trail 5!!!! We were sooo happy! We stopped for some photos and drank heavily from our water bottles, thinking it would be an easy cruise back and hard-pack from there.

It more-or-less would have been easy after that, except several of us missed a tricky turn and tacked on a few unanticipated miles (not a big deal, we’re distance runners, right??). Eventually we made it back to the beach and faced a tired slog back to the parking lot. It’s a rough kind of running...you can see miiiiiiiles ahead but don’t really feel like you are getting there. As one of the last finishers (well past midnight), I was probably also one of the most appreciative! Carl handed me a hand-painted award (thanks Abigail!), I gave Joanne a big hug, and I headed home to my own soft bed.

Overall, I’m incredibly thankful to have had this opportunity to run in a beautiful natural environment with some wonderful people. Looking forward to the next adventure for sure. Bring it on!

Ann Tarrant has been an FTC member since 2002, and she is 21 states into her quest for running a marathon in each state. She can be seen most weekends running loops at the “Long Pond Athletic Club” (membership is free and there are no rules...just show up and run).

Observations About Performance:

I Can Perform Well On My Own, Better With You, And At My Best When We All Pull Together.

By Carl Gustafson

There are very few new observations. I have known about the above observation for a long time. I can perform well on my own. I can perform better when I work together with you. I have the potential to be at my best when we are all working together.

This idea became crystal clear at the track last week.

Paul Hartel had the idea for people to pull together to support each other during track workouts. I took the idea and came up with running "Your Personal Bests" last week. Here is what happened....

The 5:30 group came. I explained the idea. Denis has come to the track faithfully for several years. Denis came forward. His fastest mile had been 9:28. He set a goal of running a 9 minute mile. We set up pacers for him. People started with him, and others joined in on the run. People cheered for him and encouraged him. Denis ran an 8:47. He was psyched.

Mike came to the 6:00 group. His fastest mile in the past had been 6:15. He set a goal of running a 6:00 minute mile. He did. Dave wanted to run a 5:20. He ran his lifetime best at 5:12. I ran the fastest mile I had run this year which was the goal I set.

Ocean's brother Richard comes to the track as her running coach. He got involved and timed the distances that were accomplished. Richard got caught up in the excitement of the night along with everyone else that was there.

Was this magic? No, this is your Falmouth running community. We have come to trust each other. We know that we are all out there working hard. Slower runners helped on shorter parts of the distances or cheered. Faster runners often ran large segments in support of other runners. This was not a competition with anyone but ourselves. We allowed ourselves to be carried to new heights on the strength of that incredible community support. We believed in each other. We then had confidence in the next person's ability to accomplish their goals.

I have been running for a long time. When Dave crossed the line at the one mile mark the sheer joy of his accomplishment was something

that I have never seen so clearly. He pumped his fist and screamed. His joy was my joy. His joy was our joy. The energy grew.

Ocean cheered "that's the way we do it!" Mary and I joined her singing the same refrain. Yes, "that's the way we do it!" That is how the Falmouth Track Club members do it. We meet each other. We work together. Goals are set and exceeded. We have become more than the sum of our parts.

What is your idea? We are all waiting for it. The Falmouth Track Club is growing quickly and with great depth. Now is the time to come forward with what makes you tick. We would not have had this incredible experience without Paul coming forward and saying,...hey,..I have this

idea. The bike rides were started by Farhana saying "I would love to do some riding with some other people." John started the golf outings. What is on your mind? Let's get it going.

Carl is happy when he is doing something positive. Sandra, his partner, is happy when he is tired. Carl is happy to talk to anyone who will listen about the Cape Cod Trail Race, an all proceeds to charity series of runs in April. Besides the idea to ask Sandra on a date, and to have children, it is one of the better ideas that has come to fruition.



#WeAreInjured

By Lindsay Benson

Beginning in March, our family calendar is littered with races, neatly printed across Saturdays and Sundays in fat black Sharpie ink. When I sign up for these races, it is with the understanding that I may have to miss one or two, because, well, life happens. But, then there are the races that I look forward to and train for all year. This year, it was the 2016 Falmouth Road Race in August and the 2016 Cape Cod Marathon Half in October. So, when I aggravated an old iliotibial band (ITB) injury this spring, I was faced with a runner-crisis – do I write off the Falmouth Road Race, or do I run it and face the possibility of undoing all of the rest and rehabilitation that I have put in this summer, and jeopardizing my chances of being ready for the half in October? The answer was finding (and accepting) a happy medium.

My racing partner is my oldest and closest friend, Evelyn. Evelyn and I met in the fourth grade, when her bicycle broke in front of my house, and my dad fixed it for her. Thirty years later, we're still a dynamic team, especially when it comes to road running. When she vacationed in Falmouth with her family in July, I cautiously proposed the option of running Falmouth "for fun" this year, due to my injury. To my surprise, she was thrilled. She had just injured her ankle, and had been trying to break the news to me that she would not be able to run Falmouth this year. And, so the hashtag #WeAreInjured was born.

A competitive person by nature, deciding to run Falmouth for fun was not an easy one for me. Once I accepted this as the only way that Falmouth was realistically going to happen for me this year (and, really, I did not accept this as my reality until I was on the bus to Woods Hole), I actually had fun. A lot of fun. When we arrived in Woods Hole, we positioned ourselves at the back of the pack, by the 12-minute mile "Run to Finish" signs. Evelyn and I ended up in the front row of our wave at the starting line. When the air horn sounded, everyone in our wave just started jogging. No one attempted to edge anyone else out of the front row. Not once was I elbowed out of the way or pushed aside, so that someone could pass (by the way, if I have ever elbowed you out of the way in the past, I am SO sorry). Everyone just started jogging and walking, and for the most part, we stayed together with the runners in our wave for the entire race. We made friends! We had a lengthy discussion about labeling people who we met

and had a positive experience with "friends," because the words "acquaintances" or "fellow runners" did not do these connections justice. Elizabeth, thanks for stopping with us and taking our picture at Nobska! Doris, thanks for always being ten steps ahead of us, and motivating us to keep up!

Speaking of pictures, the best part of running Falmouth for fun is the pictures. I last ran Falmouth in 2014, and I was so obsessed with beating my previous time that I left my smart

phone at home, so that I could concentrate 100% on my run. While I was pleased with my time, and the fact that I have already run the race for performance probably made this year's venture easier, I still regret that the only photographic evidence of my participation is one very crowded finish line photo. I recently showed my husband the photo from my 2014 finish, and he asked, "Where are you?" This year, Evelyn and I took selfies at the starting line (captioned "@lindsaybenson and my second running of the #falmouthroadrace #weareinjured edition." Another runner took our picture at Nobska, then asked if we would take her photo in return. A spectator laughed out loud when we stopped short on Surf Drive to take a

photo of an osprey in its nest. "I've never seen that before!" he commented. "You just stopped running! Just like that."

The highlight of running Falmouth for fun was the finish. When Evelyn and I ran the race competitively, we finished individually, and met up after the race to celebrate. This year, we finished hand-in-hand. It was an empowering and unifying moment – one that will always be one of the highlights of my running career, regardless of the fact that I ran 15-minute miles. The atmosphere, and camaraderie, the fact that I both respected and overcame my injury to conquer that 7.1 – all of these factors almost make me want to run Falmouth for fun again next year. Almost...

Lindsay Benson is a former summer-person/recent transplant from Charlotte, NC. She lives in Falmouth Heights with her husband and three sons. Lindsay is a K-2 special education teacher at Teaticket Elementary School in Falmouth. When she's not teaching, Lindsay enjoys running, hiking, reading Elin Hilderbrand novels, and weight training (pushing her two youngest sons in the double jogger).





1,000th Running of the Friday Night 5

An impressive crowd of runners and spectators turned out for the 1,000th running of the Friday Night 5 on August 26. The weekly five-mile fun run has been taking off from Town Hall Square every Friday at 5:30 PM since 1997.

